

## Worksheet 1.2a

# Lifestyle Diary

Name

\_\_\_\_\_

Date

\_\_\_\_\_



Activity

### 1. Food diary

In the table below, record what you ate for breakfast, lunch, dinner, and snacks. Record how much of that food you ate, and then describe how eating that food made you feel after eating it.

Date _____	What food did I eat?	How much did I eat?	How did this food make me feel after eating it?
Breakfast			
Lunch			
Dinner			
Snacks			

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# Lifestyle Diary



### 2. Daily diary

In the table below, record all of the food you ate, the amount of exercise you completed, and the number of hours sleep you had for three consecutive days.

	What food did I eat for breakfast, lunch, dinner, and snacks?	What exercise did I complete? (Include minutes)	How many hours of sleep did I have?
Day 1  -----			
Day 2  -----			
Day 3  -----			

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# Lifestyle Diary



It is important to have a good morning routine that will set you up well for the rest of the day. Exercising your brain and body as well as providing fuel for your body will help you to thrive throughout the day.

### 3. What is a good time to wake up in the morning?

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### 4. Morning routine planner

Answer the questions below on what you can do to energise in the morning:

How will I exercise my brain?	How will I exercise my body?	How will I fuel my body?

## Worksheet 1.2b

# The Domains of Well-being



Read the information below and answer the questions.

Well-being can be described as the quality of a person's life. It involves a mixture of the following five domains:

**Cognitive Well-being** – Associated with achievement and success. This domain is inclusive of information processing, decision-making procedures, and internal motivation. This form of well-being is essential for experiencing positive and meaningful learning.

**Emotional Well-being**—Related with self-awareness and emotional regulation, this domain of well-being includes how well we can cope in challenging situations and is deeply informed by our capacity for self-reflection.

**Social Well-being** – Vital for pro-social behaviour, this domain of well-being includes our experiences of positive relationships and connectedness to others.

**Physical Well-being** – Nutrition falls under this domain. Physical well-being is the extent to which we feel physically safe and healthy, so it also includes physical activity and contributes to positive health outcomes.

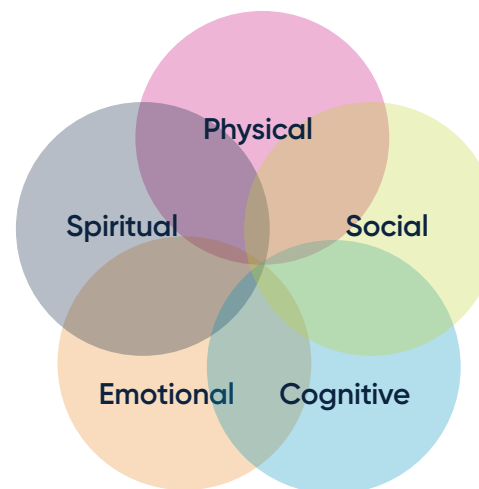
**Spiritual Well-being** – This can include our connection to culture, religion, or community and is largely considered as our sense of meaning and purpose.

1. Name one activity that you currently do that makes you feel happy or healthy.

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2. Which domain of well-being does this activity best fit?

.....



# The Domains of Well-being



Walk around the room, communicating your activity that makes you happy and its well-being domain with your peers. As you find a peer whose activity is in the same domain as yours, team up and continue on. Repeat this process until the class is split into the five different well-being domains.

Record the results of your peer groups' activities in the table after forming your final group.

### 3. Class well-being domain match-up activity

Student Name	Activity	Well-being Domain